



**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

GMINA I MIASTO SIANÓW  
2017-08-26  
Kłos k.Sianowa  
5 km

## SIANOWSKA PIĄTKA 5 KM

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ORZECHOWSKI Kamil	68	TKKF KOSZALIN	M-Open	1	00:17:18.80		3:27	17.3 (100%)
2	KĘPKA Adrian	38		M-Open	2	00:17:38.35	+00:00:19 (1.8%)	3:31	17 (98.3%)
3	ZABORSKI Ryszard	101	TKKF KOSZALIN	M-Open	3	00:18:14.70	+00:00:55 (5.1%)	3:39	16.4 (94.8%)
4	KOŚCIELNIAK Robert	43	TKKF KOSZALIN	M-Open	4	00:19:22.20	+00:02:03 (10.6%)	3:52	15.5 (89.6%)
5	ROKOSZ Radosław	112		M-Open	5	00:19:37.60	+00:02:18 (11.8%)	3:55	15.3 (88.4%)
6	PRZEWŁOCKI Michał	73	INTER-METAL	M-Open	6	00:19:44.65	+00:02:25 (12.3%)	3:57	15.2 (87.9%)
7	SIENIAWSKI Jarosław	83		M-Open	7	00:19:50.10	+00:02:31 (12.7%)	3:58	15.1 (87.3%)
8	JAROSZ Jakub	27	TKKF KOSZALIN	M-Open	8	00:20:31.75	+00:03:12 (15.7%)	4:06	14.6 (84.4%)
9	BIEŃKOWSKI Tomasz	3		M-Open	9	00:20:49.60	+00:03:30 (16.9%)	4:09	14.4 (83.2%)
10	HUBERT Łukasz	20		M-Open	10	00:20:51.85	+00:03:33 (17.0%)	4:10	14.4 (83.2%)
11	LICA Krzysztof	49	JW 1223	M-Open	11	00:20:52.05	+00:03:33 (17.0%)	4:10	14.4 (83.2%)
12	MARCINIAK Michał	52		M-Open	12	00:20:58.60	+00:03:39 (17.5%)	4:11	14.3 (82.7%)
13	JAROSZ Dariusz	26	TKKF KOSZALIN	M-Open	13	00:21:05.20	+00:03:46 (17.9%)	4:13	14.2 (82.1%)
14	IWANIEC Dariusz	22	TKKF KOSZALIN	M-Open	14	00:21:11.80	+00:03:53 (18.3%)	4:14	14.2 (82.1%)
15	WICHER Krzysztof	95	ADWOKATURA	M-Open	15	00:21:13.35	+00:03:54 (18.4%)	4:14	14.1 (81.5%)
16	RUTKOWSKI Artur	80	RUTKOWSKI TEAM	M-Open	16	00:21:35.90	+00:04:17 (19.8%)	4:19	13.9 (80.3%)
17	RUSINEK Artur	78		M-Open	17	00:21:43.40	+00:04:24 (20.3%)	4:20	13.8 (79.8%)
18	KLEBANOWSKI Artur	40		M-Open	18	00:21:54.90	+00:04:36 (21.0%)	4:23	13.7 (79.2%)
19	KILAR Tomasz	39	KOSZALIN	M-Open	19	00:21:56.90	+00:04:38 (21.1%)	4:23	13.7 (79.2%)
20	KUKIEŁA Tomasz	47	ROBACZKI K I M	M-Open	20	00:22:18.25	+00:04:59 (22.4%)	4:27	13.4 (77.5%)
21	WRÓBLEWSKI Jacek	100	TKKF KOSZALIN	M-Open	21	00:22:27.75	+00:05:08 (22.9%)	4:29	13.4 (77.5%)
22	ZIELIŃSKI Bartosz	102		M-Open	22	00:22:32.05	+00:05:13 (23.2%)	4:30	13.3 (76.9%)
23	KRUPIŃSKI Krzysztof	46	E-UROLOG.EU	M-Open	23	00:22:37.25	+00:05:18 (23.5%)	4:31	13.3 (76.9%)
24	RUTKOWSKI Ryszard	79	RUTKOWSKI TEAM	M-Open	24	00:22:51.90	+00:05:33 (24.3%)	4:34	13.1 (75.7%)
25	PIETRZYK Paulina	69		K-Open	1	00:22:52.95	+00:05:34 (24.3%)	4:34	13.1 (75.7%)
26	SKOWYRSKI Janusz	85	TKKF KOSZALIN / ALUPROFIL	M-Open	25	00:23:01.85	+00:05:43 (24.8%)	4:36	13 (75.1%)
27	BASSEL Marcin	2	BASSEL TEAM	M-Open	26	00:23:17.75	+00:05:58 (25.7%)	4:39	12.9 (74.6%)

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28	STACHOWIAK Gracjan	87		M-Open	27	00:23:20.20	+00:06:01 (25.8%)	4:40	12.8 (74.0%)
29	KONKEL Łukasz	109		M-Open	28	00:23:29.05	+00:06:10 (26.3%)	4:41	12.8 (74.0%)
30	SADOSKI Tomasz	81		M-Open	29	00:23:37.00	+00:06:18 (26.7%)	4:43	12.7 (73.4%)
31	MILEWSKI Tomasz	104		M-Open	30	00:23:42.75	+00:06:23 (27.0%)	4:44	12.6 (72.8%)
32	NOREK Tomek	64		M-Open	31	00:23:43.65	+00:06:24 (27.0%)	4:44	12.6 (72.8%)
33	KOPCZEWSKI Dariusz	42		M-Open	32	00:23:48.90	+00:06:30 (27.3%)	4:45	12.6 (72.8%)
34	WAWRZYN Grzegorz	116		M-Open	33	00:23:51.70	+00:06:32 (27.4%)	4:46	12.6 (72.8%)
35	KOZŁOWIECKI Waldek	45	TKKF KOSZALIN	M-Open	34	00:24:04.65	+00:06:45 (28.1%)	4:49	12.5 (72.3%)
36	TROSKOWSKI Leszek	105		M-Open	35	00:24:17.45	+00:06:58 (28.7%)	4:51	12.3 (71.1%)
37	WEBER Paweł	94	ENERGOBUD	M-Open	36	00:24:36.15	+00:07:17 (29.6%)	4:55	12.2 (70.5%)
38	WRÓBLEWSKI Mateusz	99	KS WILKI KOSZALIN	M-Open	37	00:24:53.60	+00:07:34 (30.4%)	4:58	12 (69.4%)
39	PANCERZYŃSKI Łukasz	111		M-Open	38	00:25:06.90	+00:07:48 (31.1%)	5:01	11.9 (68.8%)
40	WRÓBLEWSKA Marta	98	KS WILKI KOSZALIN	K-Open	2	00:25:07.00	+00:07:48 (31.1%)	5:01	11.9 (68.8%)
41	GOLEC Anna	16		K-Open	3	00:25:07.25	+00:07:48 (31.1%)	5:01	11.9 (68.8%)
42	MRUGALSKI Stanisław	61		M-Open	39	00:25:10.10	+00:07:51 (31.2%)	5:02	11.9 (68.8%)
43	KARNICKI Zygmunt	35	TKKF KOSZALIN	M-Open	40	00:25:50.15	+00:08:31 (33.0%)	5:10	11.6 (67.1%)
44	JANUSZEWSKI Jacek	25	17 WOG KOSZALIN	M-Open	41	00:26:05.80	+00:08:47 (33.7%)	5:13	11.5 (66.5%)
45	MICHALSKA Ewelina	57		K-Open	4	00:26:29.45	+00:09:10 (34.6%)	5:17	11.3 (65.3%)
46	WALCZAK Agnieszka	113	TKKF KOSZALIN	K-Open	5	00:26:32.60	+00:09:13 (34.8%)	5:18	11.3 (65.3%)
47	TROSKOWSKA Ewa	106		K-Open	6	00:26:33.15	+00:09:14 (34.8%)	5:18	11.3 (65.3%)
48	ROBAKOWSKA Żaneta	77		K-Open	7	00:26:37.70	+00:09:18 (35.0%)	5:19	11.3 (65.3%)
49	BODO Rafał	4		M-Open	42	00:26:48.30	+00:09:29 (35.4%)	5:21	11.2 (64.7%)
50	NOWAK Piotr	65		M-Open	43	00:26:51.05	+00:09:32 (35.5%)	5:22	11.2 (64.7%)
51	MARCZAK Andrzej	53	AMATOR	M-Open	44	00:27:07.65	+00:09:48 (36.2%)	5:25	11.1 (64.2%)
52	STRASZAK Piotr	110		M-Open	45	00:27:17.10	+00:09:58 (36.5%)	5:27	11 (63.6%)
53	KURŁOWICZ Krzysztof	114		M-Open	46	00:28:15.00	+00:10:56 (38.7%)	5:39	10.6 (61.3%)
54	RASZPLA Iłona	75	CIOTECZKI.PL	K-Open	8	00:28:34.00	+00:11:15 (39.4%)	5:42	10.5 (60.7%)
55	MALINOWSKA Agnieszka	51	C IOTECZKI.PL	K-Open	9	00:28:39.05	+00:11:20 (39.6%)	5:43	10.5 (60.7%)
56	KULCZYCKA Weronika	48	KS WILKI KOSZALIN	K-Open	10	00:28:43.50	+00:11:24 (39.7%)	5:44	10.4 (60.1%)
57	MŁYNARSKI Piotr	58	NIEZALEŻNY	M-Open	47	00:29:23.20	+00:12:04 (41.1%)	5:52	10.2 (59.0%)
58	HUBKO Paweł	21		M-Open	48	00:29:23.55	+00:12:04 (41.1%)	5:52	10.2 (59.0%)
59	MŁYNARSKI Hubert	59		M-Open	49	00:29:53.00	+00:12:34 (42.1%)	5:58	10 (57.8%)
60	IGNACIK Anna	115		K-Open	11	00:30:02.15	+00:12:43 (42.4%)	6:00	10 (57.8%)
61	NIEWIADOWSKI Robert	63	ARTE-IT.PL	M-Open	50	00:30:10.55	+00:12:51 (42.6%)	6:02	9.9 (57.2%)
62	STRZYŻ Łukasz	88	ARTE-IT.PL	M-Open	51	00:30:10.75	+00:12:51 (42.6%)	6:02	9.9 (57.2%)
63	IWANIEC Natalia	107		K-Open	12	00:30:16.45	+00:12:57 (42.8%)	6:03	9.9 (57.2%)
64	NARKOWICZ Martyna	108		K-Open	13	00:30:24.70	+00:13:05 (43.1%)	6:04	9.9 (57.2%)
65	RADECKA Małgorzata	74		K-Open	14	00:32:36.30	+00:15:17 (46.9%)	6:31	9.2 (53.2%)
66	NANIEWICZ Marta	62		K-Open	15	00:32:36.60	+00:15:17 (46.9%)	6:31	9.2 (53.2%)
67	JUSZCZAK Krzysztof	103		M-Open	52	00:32:36.95	+00:15:18 (46.9%)	6:31	9.2 (53.2%)
68	MARIAŃSKA Anna	54		K-Open	16	00:33:28.50	+00:16:09 (48.3%)	6:41	9 (52.0%)
69	LICA Hanna	50	PRZEDSZKOLE NR 10 IM.MISIA USZATKA	K-Open	17	00:33:29.50	+00:16:10 (48.3%)	6:42	9 (52.0%)
70	KOZŁOWIECKA Małgorzata	44		K-Open	18	00:33:32.40	+00:16:13 (48.4%)	6:42	8.9 (51.4%)
71	OMACHEL Julia	67		K-Open	19	00:34:11.55	+00:16:52 (49.4%)	6:50	8.8 (50.9%)

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72	<b>BARTNIK Marian</b>	<b>1</b>	TKKF KOSZALIN	M-Open	53	<b>00:41:59.75</b>	+00:24:40 (58.8%)	8:24	7.1 (41.0%)
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Znaleziono 72 wynik(ów)